Good News for Homemakers

Make your children's meal experiences good

By SHIRLEY W. WALTON
Extension Agent

Guidelines for Pleasant Eating Experiences for Young Children

Because of suggestions made by participants in the Young Parenting Program, this list of guidelines is being printed again.

1. Give small amounts of food at first, and more as the child is ready. Too large servings can be the beginning of overeating and other problems.

2. A quiet time before meals lets the child slow down so he is ready to eat.

3. Snacks should be nutritious: milk, small pieces of fruit, cut-up raw vegetables, cheese cubes, crackers spread with cottage cheese or peanut butter, cereals. Sweet snacks supply energy, but have little other food value.

4. Ask the child to take a tiny taste of a new or disliked food; for example, ask him to eat only one pea. Encourage–do not force–the child to eat.

5. Be casual about foods, whether a child accepts or rejects them. Avoid forcing a child to eat, or making a fuss about it.

6. Grown-ups likes and dislikes are quickly noticed, and set a good example.

7. If no one pays special attention to a child's food quirks, the child will usually outgrow them.

8. Desserts that are served casually as part of the meal will not seem more desirable than other foods.

9. A child's appetite may vary from one meal to another, and from day to day. His rate of growth, his activities and how he feels, all influence how much he eats. If he is over tired, excited, in strange surroundings, or if his routine has been changed, his appetite may lag. Physicians now suggest that the child is usually a fairly good judge of how much food he can eat.

10. Don't coax, play games or force the child to eat. Remember how much you dislike having food forced on you. Forcing food does not teach good food habits–it only proves that you are bigger than the child.

11. Let the child serve himself. Let him help set the table and pour his milk.

12. Let the child feed himself. Expect him to be messy as he learns. He will gain skill with practice.

13. Don't expect adult standards in table manners. Children will imitate your "please" and "thank you".

14. Give young children food they can manage with their fingers–small sandwiches, raw vegetable bits, meat cut in small pieces, etc.

If you have a homemaking question or problem, you may call 352-8244 or write P. O . Box 488, Appomattox, VA 24522.

Have a good week!

RECIPE OF THE WEEK
Chicken Crunch

1 cup chicken (cooked)
1/4 cup celery (chopped)
1/4 cup onion (chopped)
1/2 tablespoon green pepper (chopped)
1/4 cup olives (chopped)
1/2 teaspoon celery seed

Add mayonnaise to taste and 1 - 3 oz. can chow mein noodles.

Many thanks to Carolyn Coleman for sharing this delicious chicken salad recipe. It is different and delicious.

Mrs. Steven Thomas Martin

Miss Johnston weds

The marriage of Laura Leah Johnston and Steven Thomas Martin took place on Saturday afternoon, March 26 at two o'clock in the Northside Church of Christ, St. Petersburg, Florida.

The bride is the daughter of Mr. and Mrs. William C. Johnston of Vienna, Virginia, and the granddaughter of Mrs. Sue G. Johnston of Appomattox. The bridegroom is the son of Mr. and Mrs. William F. Martin of Fort Walton Beach, Florida.

The bride was given in marriage by her father.

Miss Tracy Johnston of Blacksburg was maid of honor for her sister. David Martin of Fort Walton Beach, Florida was his brother's best man.

The bride is a graduate of the University of Virginia and is employed at the St. Petersburg Community Center.

The bridegroom is attending St. Leo College.

Following the ceremony the parents of the bride entertained with a reception in the social hall of the church.

Following a honeymoon to the mountains of North Carolina, the couple will reside in St. Petersburg.

Johnson wedding planned

Mr. and Mrs. Fred D. Johnson announce the engagement of their daughter, Kathy, to Donald N. Parris, the son of Mr. and Mrs. R. B. Parris, Jr., all of Appomattox.

Kathy is a graduate of Virginia Baptist Hospital School of Nursing and is employed in the hospital's Intensive Care Unit.

Donald is a rising senior at VPI/SU majoring in Industrial Forestry Operations.

The wedding will take place June 18 at three o'clock in the afternoon at Bible Baptist Church.

All friends and relatives are invited to attend.

Photo by Allen Austin
Miss Kathy Johnson

Pamplin dance set

A dance will be held at the Pamplin Fire Hall this Saturday night (April 9) from 9 p.m. until midnight.

Music will be provided by the Westbound Band.

The dance is sponsored by the Friendly Hearts Club, and all proceeds will be used to benefit the club's charitable activities.

AES Menu

Appomattox Elementary School Menu

Thurs., April 7 - Cheeseburgers, green peas, french fries, sliced peaches, milk.

Fri., April 8 - Pork barbecue on bun, scalloped potatoes, turnip greens, applesauce, milk.

Mon., April 11 - Holly Farm Chicken filet, hot buns, Italian mixed vegetables, macaroni salad, fruit cup, milk.

Tues., April 12 - Hot dogs on bun, pinto beans, cole slaw, apple cobbler, milk.

Wed., April 13 - Beef and cheese pizza, tomato & lettuce salad, salad w/dressing, buttered baby carrots, fruit juice, milk.

Thurs., April 14 - Tuna salad on lettuce leaf w/crackers, hot rolls, potato chips, mixed vegetables, cherrie turnovers, milk.

Fri., April 15 - Corn dogs, macaroni & cheese, blackeye peas, diced peaches, milk.

Mon., April 18 - Chicken pot pies, tomato and lettuce salad w/dressing, applesauce, milk.

Tues., April 19 - Lasagna, beef, and cheese casserole, hot rolls, buttered broccoli, banana pudding, milk.

Wed., April 20 - Beef steakum w/cheese sandwich, green peas, french fries, diced pears, milk.

Thurs., April 21 - Chuckwagon w/bun, cheesestrips, Ford Hook Lima Beans, candied sweet potatoes, fruit cup, milk.

Fri., April 22 - Fish squares, cole slaw, hot rolls, potato triangles, hot rolls, sliced peaches, milk.

Mon., April 25 - Foot long hot dogs on bun, pork & beans, cole slaw, fruit cup, milk.

Tues., April 26 - Oven fried chicken, sliced bread, green beans, creamy potatoes, sliced pineapple, milk.

Wed., April 27 - Sabatassa sausage pizza, tomato and lettuce salad w/dressing, buttered corn, applesauce, milk.

Thurs., April 28 - Meatloaf, hot rolls, mixed greens, whipped potatoes, sliced peaches, milk.

Fri., April 29 - Sliced ham, hot rolls, baby lima beans, corn on cob, purple plums, milk.

Con$umer ene Note$

By OCIE M. MACK
Extension Agent

The following is a list of fashion trends of men's apparel and young men's market:

Men's Apparel

Sportswear and tailored clothing are both popular categories.

V-neck models lend crew-necks in sweaters with argyles being one of the most popular fashions.

Outwear jackets from bomber models to chints racing jackets.

Two-piece and three-piece suits are shown, with two-piece being the most popular.

Double-breasted suits have made an appearance and look best on tall well-built men in sizes ranging from 38 to 42 for regular and from 38 to 44 for long.

Shirts come in mixed collar types –button-down, round, pinned, and white collars on pastels. Solid colors are white, blue and tone on tone. Fancies include pinstripes. Fabrics are all cotton and cotton/polyester.

Peach and mauve are hot fashion colors.

Cambray popular fashion ingredient in dress and sports shirts.

Pleats are seeing a resurgency in dress slacks.

Nothing new in neckties or belts. Pins, bars and clips are popular shirt collar accessories.

Health craze gives cause to many styles of active and spectator sportswear -- everybody wants to look athletic.

Rugby shirts and bright notes.

A paperback book written for jeans generation men who may or may not have learned some of the fundamentals of men's dress is "Making the Man: The Insiders Guide to Buying and Wearing Men's Clothes" by Alan Flusser.

Young Men's Market

Wide range of colors and color treatments.

Colors will be brightened, stone washed or neutralized.

Gaining attention is the lavender/mauve family white jade/turquoise earns high praise.

Fabric mixing.

Jeans -- mostly denim in basic, dark, and stone washed colors. Anyone who wants to pay for a designer name can have one for an additional $11 to $18 to the asking price.

Slacks, polyester/wool, corduroy, brushed cotton.

Read The Times-Virginian

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Miss Appomattox Pageant Winners

Baby Miss Appomattox - Kristie Renee Haddon
Parents - Mr. and Mrs. Steve Haddon

Tiny Miss Appomatox - Kristy Genelle Page
Parents - Mr. and Mrs. David Page

Preteen Miss Appomattox - Susan Marie Epperson
Parents - Mr. and Mrs. Wayne Epperson

Jr. Miss Appomattox - Regina Lynn Kersey
Parents - Mr. and Mrs. Doug Kersey

Senior Miss Appomattox - Cynthia Anne Lawson
Parents - Mr. and Mrs. Ralph Lawson

Oxners announce birth

Mr. and Mrs. Larry M. Oxner of Spout Spring, are proud to announce the birth of their daughter, Kimberly Ann Oxner, born March 22 at 3:08 p.m. at Virginia Baptist Hospital. Kimberly weighed 9 lbs.9 ozs. and was 21 inches long.

Maternal grandparents are Mr. and Mrs. R. H. McFadden of Gladstone. Paternal grandparents are Mr. and Mrs. J. C. Oxner, also of Gladstone.

Shower honors Miss Bollinger

Miss Robin Bollinger was honored with a floating miscellaneous shower on Saturday evening, March 12, in the home of Mrs. Beverly Ranson. Hostesses for the shower were Mrs. Ranson and Mrs. Margaret Scruggs.

Among those attending were Mrs. Cindy Bollinger, Mrs. Doris Harvey and other relatives and friends.

The Harvey-Bollinger wedding was an event of Saturday, April 2.

Appomattox Garden Club to meet

The Appomattox Garden Club will meet on Monday, April 11 at 7:30 p.m., in St. Anne's Parish Hall. Mrs. George Meeks of Lynchburg, a recognized authority on daffodils, will present a program on the "Classification and Design of Daffodils".

The artistic exhibit is "Heralding Spring" - an arrangement using daffodils.

All club members are urged to attend and should note the change of date for the April meeting.

O'Brien, Hensley to marry

The wedding of Miss Ruth Hensley, the daughter of Mr. and Mrs. James T. Hensley of Altavista, to Mr. Louis Edward O'Brien, the son of Mr. and Mrs. Edward F. O'Brien of Appomattox will be an event of Saturday, April 16 at two o'clock in the afternoon in Central Baptist Church, Altavista.

Friends and relatives are cordially invited to attend the wedding and the reception immediately following the ceremony.

Miss McCormick honored

Miss Denise Renee McCormick was honored with a floating miscellaneous shower on March 27 at Appomattox Court House Presbyterian Church. The color scheme of the shower was yellow and green.

Those in attendance were Mrs. Louise McCormick, mother of the bride-elect; Mrs. Linda Totty, mother of the groom-elect; Mrs. Essie Emmett, grandmother of the bride-elect; and other friends and relatives.

Denise received many useful gifts. The hostesses for the shower were Elizabeth Garrett, Frances Tolley, Etta O'Brien and Annabell Chandler.

The wedding of Miss McCormick to Mr. Ralph Christian Totty Jr. will be an event of May 21, 1983 at 7 in the evening at Appomattox Court House Presbyterian Church.

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